

Compare the Value

LOCATION	MEAL	COST*
Fast Food	Small hamburger, small fries, and drink	\$5.99
Coffee Shop	Turkey sandwich, small fries, small salad, and drink	\$9.48 + tip
Sandwich Shop	Cheese steak sandwich, small fries, and small drink	\$9.79
Family Restaurant	Turkey dip, small fries, small salad, and drink	\$11.10+ tip
Burbank Nutrition Program	Orange glazed chicken breast, rice, vegetable, salad, bread, butter, milk, and dessert	\$2.00
	Fun, friendship, and a good meal	Priceless

*2011 survey performed of local restaurants



got lunch?



Join us!
Burbank Nutrition Services
Adults Age 60+

Sponsored by:
 City of Burbank
 and a grant from Los Angeles Area Agency on Aging

City of Burbank
 818.238.5357
www.burbankusa.com

facebook

NUTRITION SERVICES

- For adults age 60+
- Nutritious three course sit down meal
- Monday-Friday, except holidays
- Sign-up 9:00-11:00 a.m. to make a reservation
- Three convenient locations to choose
- Lunch served at 11:30 a.m.
- Suggested \$2 donation



NUTRITIONAL INFORMATION

- Provides at least one-third of the USDA requirements for adults 60 years of age and over.
- Meets the nutritional requirements of the Federal Older American Act.
- Typical meals include entrée, salad, dessert, bread, butter, and milk.
- Each meal provides ~700 calories, 24 grams protein, and less than 35% of the calories from fat.
- All fat is trans fatty acid free, sodium is less than 1,200 milligrams.
- Meals provide generous servings of whole grains and fiber, whole grain fiber is less than 12 grams.

Join Us For Lunch!



It's easy as 1, 2, 3

1. Sign-up 9:00-11:00 a.m. to make a reservation
Joslyn Adult Center
1301 West Olive Avenue
Telephone: 818.238.5357

Tuttle Adult Center
1731 North Ontario Avenue
Telephone: 818.238.5367

McCambridge Recreation Center
1515 North Glenoaks Boulevard
Telephone: 818.238.5365
2. Suggested \$2 donation
3. Join us for fun, friendship, and a good meal

For more information call:
Burbank Nutrition Services
818.235.5357